



Test Questions & Study Guide

Naturopathy for the 21st Century

by Robert J Thiel

CLASS: G530

It is necessary to mentally evaluate every book you read. Some “things” work, but the reason behind why it worked may be flawed. An important question is, will it work for a specific individual? Be sure to view each person in light of their strengths, weakness, exposures, and always listen for clues.

1. “Naturopathy”, to quote Benedict Lust, “is a distinct school of healing, employing the beneficent agency of Nature’s forces, of water, air, sunlight, earthpower, electricity, magnetism, exercise, rest, proper diet, various kinds of mechanical treatment, and mental and _____ science.”
 - A. Moral
 - B. Medical
 - C. Applied
2. Symptoms give an indication of the cause. Identify the _____ and support its healing and everything else will improve.
 - A. Chemical
 - B. Symptom
 - C. Cause
3. Naturopaths work with the whole person and understand that there is a _____ nature of health and disease.
 - A. Human
 - B. Multifactorial
 - C. Divine

Naturopathic health professionals promote a focus on overall health, wellness and disease prevention. Educating and supporting clients on managing their personal health journey is an important role for the health professional. They empower people to take responsibility for their own health, while acknowledging the therapeutic value within the teacher-client relationship.

4. Naturopaths, and the modalities that we employ, do not _____. The body “cures” itself.
 - A. Mess Around
 - B. Diagnose
 - C. Cure
5. Everyone is different. Biochemically, genetically, mentally, environmentally, and spiritually. Naturopaths do not believe that everyone with the same problem will benefit from the same _____.
 - A. Solution
 - B. Supplements
 - C. Homeopathics

NOTE: As health professionals it is our job to recognize and remove the underlying cause(s) of disease. Sometimes these underlying causes are called 'blocks to healing'. There are many blocks. Some of the most common ones are lifestyle choices, dehydration, nutrient deficiencies, food sensitivities, immune infections like viruses, fungal infections, bacteria and parasites, toxins such as molds, chemicals and heavy metals, emotional and spiritual blockages, dental infections, digestive disturbances, organs in need of support, enervation of the nervous system, injury or trauma, stress, scars, etc. Identifying and removing these blocks, will allow the body to heal itself. This is how the body is designed to work, and provided with the correct tools, it will do that very thing.

6. By removing the cancer, the question of what the disease is has not been answered. Since cancer is the end _____, it cannot be the cause of the first symptom.
 - A. Source
 - B. Symptom
 - C. Origin

7. Without nerve energy, the functions of the various organs of the body cannot be carried on. _____ are necessary for preparing the building-up material to take the place of worn-out tissue.
 - A. Congestions
 - B. Stagnations
 - C. Secretions

8. A study of Nature produces the illuminating truth that man, to long endure, must live for _____ - not through giving alms but through helping others to help themselves.
 - A. Service
 - B. Himself
 - C. Nothing

9. Excessive emotion - jealousy, for example, or great anger, precipitates a profound enervation which inhibits _____.
 - A. Blood Flow
 - B. Digestion
 - C. Elimination

NOTE: Suppressing emotions affects the body. This study found that "anger suppression (suppression manipulated in the laboratory) may indeed affect sensitivity to subsequent painful stimuli. ...inhibiting anger expression during a provocative event may increase perceived pain at a later time." <https://pubmed.ncbi.nlm.nih.gov/18498056/>

10. No form of _____ disease can arise in the system unless there is present some handicap to health which Nature is endeavoring to overcome and to get rid of.
 - A. Beneficial
 - B. Inflammatory
 - C. Anti-inflammatory

11. The most advanced works on pathology admit the constructive and beneficial character of inflammation. However, when it comes to the treatment of acute diseases, physicians seem to forget entirely this basic principle of pathology and treat inflammation and _____ as though they were, in themselves, inimical and destructive to health and life.

- A. Mucous
- B. Fever
- C. Congestions

NOTE: Remember chronic inflammation is not beneficial, but acute has a purpose. Also, when there is inflammation in the body, it is likely that zinc will be low. “Zinc deficiency induced inflammatory response in part by eliciting aberrant immune cell activation and altered promoter methylation. Our results suggested potential interactions between zinc status, epigenetics, and immune function, and how their dysregulation could contribute to chronic inflammation... There is little storage for zinc in the human body, and bioavailable zinc from food or supplements must replenish the zinc pool at a regular basis. As a consequence, alterations in zinc uptake, retention, or secretion can quickly lead to zinc deficiency. In particular, since zinc is critical for the development and function of the immune system, zinc deficiency results in a wide range of immune defects including lymphopenia, dysregulation and impairment of both adaptive and innate immune, and increased susceptibility to infectious diseases”. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4425307/>

12. Everywhere in Nature rules the great Law of Action and Reaction. All life sways back and forth between giving and receiving, between action and _____.

- A. Reaction
- B. Interaction
- C. Consequence

13. Dr. Lindlahr says- “Every thought and every emotion has its _____ effect upon the physical constituents of the body. The mental and emotional vibrations become physical vibrations and structures.”

- A. Negative
- B. Direct
- C. Enervating

14. A technique that every health professional should use is the initial _____.

- A. Downpayment
- B. Diagnosis
- C. Interview

15. True or False? It has been reported that various B vitamin deficiencies can exist while serum levels of these nutrients appear to be normal.

- A. True
- B. False

NOTE: Basic blood serum tests (CBC-complete blood count and BMP-basic metabolic panel) are not an accurate measure of certain nutrients in the body. The reason is that the very strict parameters within the blood are a priority for the body to maintain homeostasis. Therefore, the blood will “borrow” nutrients from elsewhere, such as the bones, organs, and tissues to maintain these levels.

By the time deficiencies show up on a blood serum test the deficiency is usually severe. Then we see classical nutritional deficiencies that include: vitamin C (Scurvy), vitamin D (Rickets), Vitamin B1(Beriberi), or B3 (Pellagra).

Subclinical deficiencies occur causing the body to function less than optimally. These are often not noticed in a medical doctor’s office due to the limitations of standardized testing. Tests can show normal with a subclinical deficiency like zinc, magnesium or potassium, etc. Ninety-nine percent of all magnesium and 98% of the potassium inside of the body is located within the cell (intracellular). When the blood draws these nutrients from the body’s tissues, a person can become depleted while it does not show up on a blood test.

16. Reflex Nutrition Assessment, otherwise known as RNA, is an ancillary form of nutrition assessment. It is a technique used to assess nutrition status by observing the response of _____ under externally provided human-force.

- A. Muscles
- B. Emotions
- C. Supplements

17. Feel the client’s hands to see if they are cold. If the hands are cold, it may suggest heart and/ or _____ involvement.

- A. Thyroid
- B. Circulatory
- C. Hormonal

18. To reflex assess potential food or environmental sensitivities, simply place the suspect food/ vial in the palm of the subject’s hand while applying _____ against the other wrist.

- A. Irritation
- B. Distress
- C. Pressure

NOTE: Muscle testing is not a wrestling match! It is a comparison of before and after resistance to the substance being tested.

19. The human body contains several hundred miles of nerves which are capable of conducting _____ energy.

- A. Chemical
- B. Piezoelectric
- C. Electromagnetic

NOTE: "Biomagnetism is the phenomenon where magnetic fields are produced by the living things, especially by the human body; (different from magnetic fields applied to the body, called magnetobiology)." - David Cohen, MIT

20. Digestion and metabolism are sluggish and the sphincter of the pupil is likewise sluggish. Large sluggish pupils denote bodily _____.
- A. Energy
 - B. Weakness
 - C. Stagnation
21. White signs in the _____ themselves can indicate inflammation or overstimulation. The whiter the signs, the more acute, inflammatory and sometimes painful is the organ.
- A. Sclera
 - B. Fingernails
 - C. Iris
22. The thermal and luminous rays are directly stimulating to the _____ of the tissues, causing a development and accumulations of heat while the actinic rays act upon the nervous system in a most powerful manner.
- A. Epidermis
 - B. Cells
 - C. Glands
23. True or False? For winter depression, studies support the idea that full spectrum light, or light that includes a balance of both visible and UV wavelengths, is necessary for successful therapy.
- A. True
 - B. False

NOTE: Vitamin D is often low when winter depression exists.

It has been estimated that over one billion people have either vitamin D insufficiency or deficiency. The best assessment of vitamin D is by a serum 25-hydroxyvitamin D (25-OH D) level. Vitamin D deficiency is defined as a level less than 20 ng/mL and vitamin D insufficiency is a level less than 30 ng/mL. The impact that vitamin D may have on disorders such as cancer, osteoporosis, cardiovascular disease, and, more recently, diabetes has been reported. Berk et al. (2007) reported that vitamin D deficiency may play a role in depression and possibly other mental disorders. In addition, they suggested that it could play a role in the supplementary treatment of depression. Another recent report summarized studies on vitamin D and mood disorders in women, suggesting that vitamin D may be an important nutrient for women's physical and mental well being".

24. Blue and Violet are nervines, astringents, febrifuges, and sedatives. They _____ the nerve and vascular systems, and are good where there is inflammation and nervousness.
- A. Stimulate
 - B. Excite
 - C. Soothe

25. The great remedy against impure air is, of course, proper _____.
- A. Breathing Technique
 - B. Minerals
 - C. Ventilation
26. Magnets are believed to stimulate _____ flow, increase oxygen supply, encourage the healing of damaged tissue, aid in the management of M.S. symptoms, help with dental concerns, decrease inflammation, and help the skin detoxify.
- A. Blood
 - B. Lymphatic
 - C. Synovial Fluid
27. Physiological and mechanical _____ has long been known to be the best means of promoting recovery in cases of injury, and it is equally valuable in recruiting depleted vital energies or in repairing a breach in the continuity of the tissues.
- A. Rest
 - B. Stimulation
 - C. Exercise
28. The diaphragm not only acts as a great lymph pump, but by _____ of the stomach and liver during the act of forcible inspiration, it exercises these important organs, and by promoting absorption, aids in emptying the stomach of its contents; while, by mechanical compression, it empties the liver of bile, and hastens the passage of the blood through its capillaries.
- A. Compression
 - B. Force
 - C. Relaxation
29. Lymph channels are most abundant in the _____ tissue and in the fascia which cover and lie between the muscles, so that these vessels are mechanically acted upon in massage, especially by friction and kneading movements.
- A. Endothelial
 - B. Connective
 - C. Subcutaneous
30. Massage is certainly a most efficient means of increasing tissue _____ by which oxygen is absorbed by the tissues and CO₂, taken up by the blood.
- A. Flexibility
 - B. Metabolism
 - C. Elasticity
31. The influence of the air upon the body depends not only upon its temperature but also upon the amount of _____ which it contains.
- A. Hydrogen
 - B. Oxygen
 - C. Water

32. Under no circumstance should a cold bath be induced either immediately before or immediately after a _____.
- A. Meal
 - B. Nap
 - C. Fever
33. The warm bath diminishes the frequency of the _____, especially when it has been greater than natural, and this effect is almost exactly in proportion to the duration of immersion.
- A. Urination
 - B. Respiration
 - C. Pulse
34. Now in this day and age, the best source of water is probably that naturally found in _____ fruits and vegetables.
- A. Cooked
 - B. Raw
 - C. Steamed
35. It has been written that, "All toxins and negative radiation are attracted to clay and are eliminated out of the body and besides the colloidal properties of clay, it acts as a _____ agent eliminating all noxious substances."
- A. Reactivation
 - B. Stimulating
 - C. Cleansing
- NOTE:** Substances like Bentonite clay, activated charcoal, and fulvic and humic acids are considered "binders" as their negative charge draws positively-charged toxins to themselves, neutralizing them and carrying them out of the body. They will also bind to nutrients and medication, therefore, care must be taken to ingest binders (2 hours on either side of the ingestion of) away from medications and supplements.
36. True or False? Fasting for health is absolutely useless as long as the intestines and colon are full of decaying and rotten feces.
- A. True
 - B. False
37. Almonds contain oil, proteins and phosphorus, and are useful as a general _____ both to the body and brains.
- A. Filler
 - B. Tonic
 - C. Food

38. Garlic is a great disinfectant; it contains some strong odored acid. It cures obstinate sores and tuberculosis. Small pieces of garlic should be eaten with grated coconut and lemon juice. It can be used _____ also.

- A. With Onion
- B. Cooked
- C. Externally

39. There are over _____ proteins in cow's milk which can cause allergic reactions in humans.

- A. 25
- B. 50
- C. 100

Food intolerance refers mostly to the inability to process or digest certain foods. The most common food reaction appears to be **lactose intolerance**. As we get older, our ability to digest dairy decreases. That's because, with age, our intestines make less of the enzyme (lactase) that processes lactose, a type of sugar present in milk and dairy products. As a result, we have more lactose sitting in the digestive tract, which can cause stomach bloating, inflammation, and diarrhea. **Research has found that only about 35% of people worldwide can digest lactose beyond the age of about seven or eight...**After eating certain foods, a large part of the population experiences symptoms that are not related to food intolerances, food allergies, or celiac disease. These are referred to as **food sensitivities**. Though there is controversy around what exactly happens in the body of someone with a food sensitivity, it appears that exposure to specific foods may create an immune reaction that generates a multitude of symptoms. The symptoms are not life-threatening, but they can be quite disruptive and include joint pain, stomach pain, fatigue, rashes, and brain fog. **Gluten is probably the best-known trigger of food sensitivities**". -Harvard Health Publishing

"Cow's milk **protein** allergy (CMPA) is an abnormal response by the body's immune system in which proteins in a food are recognized as a potential threat. ...Allergic symptoms to CMPA can happen immediately after feeding or they can be delayed....."Delayed symptoms (non-IgE mediated food allergy) is the most common type. Symptoms typically develop form two hours after consumption but **can take up to 72 hours**. If cow's milk continues to be consumed in the diet, the immune system will continue to produce such symptoms **over days or even weeks**..Allergic symptoms may be classified as mild, moderate or severe and may affect the **skin**, digestive and, less commonly, breathing or blood circulation. Additional symptoms are: reflux, **colic** and **constipation**". - Adapted from "Cow's Milk Allergy" <https://www.allergyuk.org/information-and-advice/conditions-and-symptoms/469-cows-milk-allergy>

40. Clinical experience suggests that problems associated with _____ include gastrointestinal problems, behavioral problems, and even sometimes severe mental health problems.

- A. Beef
- B. Coconut
- C. Wheat

41. USP vitamins are _____ standardized chemical isolates. In nature vitamins are never isolated: they are always present in the form of food vitamin-complexes.
- A. Natural
 - B. Food-Based
 - C. Synthetic
42. An animal study found that synthetic vitamin A in the form of retinal acetate significantly reduced vitamin _____ utilization; this has not been shown to occur with natural vitamin A.
- A. K
 - B. E
 - C. D
43. Interestingly, it is known that diets with high vitamin C content from fruits and vegetables are associated with lower _____ risk.
- A. Cancer
 - B. Adrenal
 - C. Bacterial
44. Unfortunately, most mineral supplements contain minerals in the form referred to as 'mineral salts.' Even though mineral salts are often called "natural", they are _____ or they are chemically produced in accordance with the United States Pharmacopoeia.
- A. Chemicals
 - B. Waste Materials
 - C. Rocks
45. Anemia, neutropenia, and osteoporosis are observed with _____ deficiency; copper is involved in connective tissue, iron metabolism, the central nervous system, melanin pigment, thermal regulation, cholesterol metabolism, immune function, and cardiac function.
- A. Copper
 - B. Zinc
 - C. Selenium

Copper deficiency, a new triad: anemia, leucopenia, and myeloneuropathy (2017):

"Clinical copper deficiency is now more frequently recognized. Hematologically, it can present as anemia (microcytic, normocytic, or macrocytic) and neutropenia. Thrombocytopenia is relatively rare. Neurologically, it can manifest as myelopathy and peripheral neuropathy simulating subacute combined degeneration. Bone marrow findings can mimic myelodysplasia resulting in occasional inappropriate referral for bone marrow transplantation. Other conditions with similar presentations include infections, drug toxicity, autoimmunity, B12 deficiency, folate deficiency, myelodysplastic syndrome, aplastic anemia, and lymphoma with bone marrow involvement. Hematological, but not neurological, manifestations respond promptly to copper replacement, making early diagnosis essential for good outcome. Common risk factors for copper deficiency are foregut surgery, dietary deficiency, enteropathies with malabsorption, and prolonged intravenous nutrition (total parenteral nutrition). - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5637704/>

46. Iodine is needed by the thyroid gland to produce thyroid hormones which influence most of the body's _____ processes.
- A. Eliminary
 - B. Metabolic
 - C. Lymphatic

Subclinical hypothyroidism and the corresponding imbalances of glandular hormone secretions are often directly related to iodine deficiency. This is very common because fluoride and soy can inactivate thyroid function. Symptoms include: fatigue, hair loss, dry skin, constipation, inability to make sufficient stomach acid (along with B1), GI tract disturbance, lack of interest in sex, etc.

In his book '*Hypothyroidism Type 2*', Mark Starr, MD(H), writes: "The average physician has virtually stopped physically examining their patients and listening to their medical history and instead relies on blood tests to determine their diagnosis. In the area of thyroid disease this approach has determined to be a disaster."

Dr. Jerry L. Tennant author of "*Healing is Voltage: Acupuncture Muscle Batteries*", states. "Thyroid hormone controls total body voltage." "To make T3 from T4 requires, iodine, selenium, zinc, iron, progesterone, cortisol and glutathione." ...and, "if the mother is hypothyroid, then the baby will be [hypothyroid] when it is born."

47. In humans, zinc deficiency does not exist without a deficiency of other _____.
- A. Nutrients
 - B. Fatty acids
 - C. Vitamins
48. True or False? Co-enzymes are inorganic and organic substances which slow down or control enzyme activity.
- A. True
 - B. False
49. Synergistic action is the ability of one substance to _____ the therapeutic or physiological action of another.
- A. Enhance
 - B. Hinder
 - C. Eliminate
50. True or False? Physiological or Pharmacological Action refers to the behavior or influence an agent exhibits upon certain organs or systems.
- A. True
 - B. False

~ END OF TEST ~